



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 7

A newsletter for D.C. Seniors

July 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Summertime in Washington, D.C. can mean disaster for seniors because of severe heat and unhealthy air quality.

In this issue, we have included an ozone chart that describes the air quality, the weather conditions and recommended actions to follow for your protection. The D.C. Emergency Management Agency opens cooling centers throughout the city, including senior facilities to provide assistance when the heat index reaches 100 and above (temperatures of 90 degrees and above, mixed with high humidity and stagnant air).

July is also the month we celebrate the red, white and blue and the Fourth of July. On July 4, 1776, the

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United Generations Camp



This summer, the D.C. Office on Aging and D.C. Parks and Recreation are sponsoring a free camp for senior citizens who are caring for children 18 or younger. The United Generations Camp at Camp Riverview will be held August 5 through August 9 in Scotland, Maryland.

"The camp is designed to provide respite, information and activities for senior citizens who are now faced with raising their grandchildren or other minor children," said E. Veronica Pace, executive director, D.C. Office on Aging.

Seniors can choose to come alone or bring the children with them. "Although the camp is

designed as a getaway for the caregiver, it is understood that sometimes there is no one else to provide care in the absence of the primary caregiver," Pace added.

Workshops will include "Handling Stress and Your Children's Behavior" and "Parenting Today's Youth." Leisure activities will include a Western Night, Mardi Gras Night, arts and crafts, fishing, crabbing, line dancing instruction, golf instruction, nature walks, cards, billiards, table tennis and table games, and more.

According to data from the 2000 census, nearly 17,000 children live with their grandparents in Washington, D.C. Census data also suggest that more than 5,000 children live in the homes of other relatives.

District residents 60 years of age and older — who are the primary caregiver of a child 18 or younger — may enroll in this camp. Persons should also be related to the child by blood or marriage. For more information, call D.C. Parks and Recreation at 202-282-0753 or 202-282-0754.

OZONE ACTION DAYS

DO YOUR SHARE FOR CLEANER AIR
AIR QUALITY FORECAST AND ACTION GUIDE

AIR QUALITY		WEATHER CONDITIONS	RECOMMENDED ACTIONS
CODE RED	UNHEALTHFUL	<ul style="list-style-type: none"> - Hot (middle 90s to 100s), hazy, and humid - Stagnant air, little or no wind - Little chance of rain - Stationary high pressure system with sunny skies 	<p>When air quality reaches unhealthy levels:</p> <ul style="list-style-type: none"> - Children and elderly individuals should reduce outdoor activities. - Healthy individuals should limit strenuous outdoor work or exercise. - Individuals with heart or respiratory ailments, emphysema, asthma, or chronic bronchitis should limit their outdoor activities. If breathing becomes difficult, move indoors. <p>When air quality is forecast to reach unhealthy levels, residents are strongly urged to:</p> <ul style="list-style-type: none"> - Limit driving and, when possible, combine errands. - Use area bus and rail lines, or share a ride to work. - Avoid mowing lawns with gasoline-powered mowers. - Refuel cars after dusk. - Listen for air quality updates.
CODE ORANGE	APPROACHING UNHEALTHFUL	<ul style="list-style-type: none"> - Temperatures in the upper 80s to low 90s - Light winds - Slow moving high pressure system with sunny skies 	<p>When air quality approaches unhealthy levels, residents are urged to:</p> <ul style="list-style-type: none"> - Refuel cars after dusk to limit daytime pollution releases. - Avoid mowing lawns with gasoline-powered mowers. - Share a ride or drive only their newest, best-maintained vehicle.
CODE YELLOW	MODERATE	<ul style="list-style-type: none"> - Mild summer temperatures (upper 70s to mid 80s) - Light to moderate winds (15 knots or less) - High pressure system with partly cloudy or sunny skies 	<p>When air quality is in the moderate range, residents should:</p> <ul style="list-style-type: none"> - Consolidate trips and errands. - Limit idling when possible. - Conserve electricity and set air conditioners to 78°F
CODE GREEN	GOOD	<ul style="list-style-type: none"> - Cool summer temperatures (mid 70s to low 80s) - Windy conditions (15-20 knots or higher) - Heavy or steady rain - Passing cold fronts carries pollution out of area 	<p>Throughout the ozone smog season (May through September), residents should make an extra effort to:</p> <ul style="list-style-type: none"> - Carpool, use transit, bike, or walk when possible. - Keep cars and boats tuned. - Use environmentally safe paints and cleaning products.

AIR QUALITY HOTLINE • METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS • (202) 962-3299



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

July Events

3rd • Noon

P.T. Johnson Senior Center will be celebrating our nation's birthday with a red, white and blue ice cream social at 4323 Bowden Rd., S.E. Reservations are necessary to attend, 202-398-5948.

3rd, 8th, 10th, 17th, 24th and 31st • noon

Dance with Model Cities Senior Wellness Center at the Corcoran Jazz Center. Meet and leave from 1901 Evarts St., N.E. For more information, contact Ben or Nichole at 202-635-1900.

8th • 10:30 a.m.

A trip to the Dollar Store is always a good outing. Model Cities Senior Wellness Center invites you to come along. They will leave from 1901 Evarts St., N.E. For details, contact Ben or Nichole at 202-635-1900.

8th • 10:30 a.m. to noon

The IONA stroke support group for survivors and caregivers will meet at 4125 Albemarle St., N.W. to share experiences in coping with the long-term effects of a stroke. For information or to register, please call Christine Jackson at 202-895-9455 or Daria Shumaker at 202-895-9463, or e-mail: CJackson@iona.org.

9th, 16th • 1:30 to 3 p.m.

New group at IONA - Recently bereaved spouses support group, cosponsored with the Widowed Persons Service. This group is offered for people widowed in the past three to 18 months and will be held at 4125 Albemarle St., N.W. For more information, contact Danny Wilson 202-895-9436

10th and 24th 2 to 3 p.m.

A coping with cognitive impairment group offers support to seniors with early dementia. Members talk about the emotional impact on themselves and their loved ones at the center, 4125 Albemarle St., N.W. No fee, but donations are requested. For more information, contact Judith Libert at IONA Senior Services 202-895-9440.

11th, 18th, 25th • 10 to 11:30 a.m.

The low vision support group meets at IONA Senior Services, located at 4125 Albemarle St., N.W. The group focuses on emotional aspects of coping with vision loss. No fee but donations requested. For more information, contact Judith Libert at 202-895-9440.

15th • 10:30 a.m.

Model Cities Senior Wellness Center will be taking a tour of the Franciscan Monastery. Leave from the center at 1901 Evarts St., N.E. For details and reservations, contact Ben or Nichole at 202-635-1900.

16th, 23rd and 30th • 10 a.m.

P.T. Johnson Senior Center will be cultivating its flower and vegetable garden on site at 4323 Bowden Road, S.E. For more information, contact Robinette at 202-398-5948.

16th and 30th • noon

Model Cities Senior Wellness Center will be going bowling. They will be meeting at 1901 Evarts St., N.E. For more information, contact Ben or Nichole at 202-635-1900.

18th • 8 a.m. to 4 p.m.

Picnic at Sandy Point State Park. Enjoy the breezes of a summer day on the beach as you socialize with friends and feast on a delicious picnic lunch with Senior Citizens Counseling and Delivery Service Center. Bus leaves the center located at 2451 Good Hope Rd., S.E. For further details, call 202-678-2800.

18th • 1 to 3 p.m.

IONA's reminiscence group meets for a presentation and discussion on a variety of topics. This week, the topic is "Friendships - One is Silver, the Other Gold," and the discussion will be held at 4125 Albemarle St., N.W. Contact Sean Hall at 202-895-9462 or e-mail: SHall@iona.org for additional information.

19th • 10:30 a.m.

Anyone up for a trip to Walmart? Model Cities Senior Wellness Center will be meeting at 1901 Evarts St., N.E. For further information call 202-635-1900.

22nd • 6 a.m.

Go fishing on the Chesapeake with Model Cities Senior Wellness Center. Eager fishers will be leaving at 6 a.m. from the center at 1901 Evarts St., N.E., to catch those early rising fish. For details, call 202-635-1900.

23rd • 10:30 a.m.

Go shopping at Ames with Model Cities Senior Wellness Center. Pick up all your crafting and household supplies with friends. Those attending will depart from the center at 1901 Evarts St., N.E. For more information, call 202-635-1900.

25th • 8 a.m. to 9 p.m.

Shop at Williamsburg, Va. outlets with Senior Citizens Counseling and Delivery Service Center. The cost is \$20. Lunch is on your own. Enjoy shopping at the Williamsburg Pottery Factory and outlet malls throughout the Williamsburg area. The bus leaves from the center, 2451 Good Hope Rd., S.E. For details, call 202-678-2800.

29th • 10:30 a.m.

Who wants to go to Potomac Mills? Model Cities Senior Wellness Center does and wants to take you along, too. Leave from the center, located at 1901 Evarts St., N.E. for a day of fun. For more information, call 202-635-1900.

Early August Event:

August 1st • 1 p.m.

Take an armchair trip to Egypt with the Senior Citizens Counseling and Delivery Service Center. A special presentation highlighting Egypt's culture, food and its people is scheduled to take place at the center, located at 2451 Good Hope Rd., S.E. For further details, call 202-678-2800.

Ongoing

Mondays and Wednesdays • 5:30 to 6:30 p.m.

Join the Columbia Senior Center for cardio-interval exercise classes for men and women. The center is located at 1250 Taylor St., N.W. For more information, call Monica at 202-328-3270.

Wednesdays • 10 a.m. to noon

A water aerobics class is available each week at Kenilworth Parkside Recreation, 4300 Anacostia Ave., N.E. Registration is necessary. Start date of this new program is July 3rd. Call Project Keen at 202-388-4280.

Wednesdays • 10 a.m. to noon

A tennis clinic — on and off court is available each week at Kenilworth Parkside Recreation, 4300 Anacostia Ave., N.E. Registration is necessary. Start date of this new program is July 3rd. Call Project Keen at 202-388-4280.

Wednesdays • 10:30 a.m.

UPO Project Keen is offering a weight management class during the month of July. It will focus on managing weight by healthy eating. This class is given on site at 4323 Bowden Road, S.E. Contact Robinette to sign up at 202-398-5948.

Wednesdays • 11 a.m.

Learn how to sign the alphabet in sign language. Instructors at the Project Keen, P.T. Johnson Senior Center will show you how on site at 4323 Bowden Road, S.E. Contact Robinette at 202-398-5948.

Fridays • 11 a.m. to noon

Parkinson's support group offers support to people with Parkinson's Disease, providing the opportunity to share concerns about this chronic illness and the challenges, changes and losses it creates. It's led by IONA social worker Deborah Rubenstein and Leon Paparella of the Parkinson Foundation of the National Capital Area at 4125 Albemarle St., N.W. Pre-registration is required. To register, call 202-895-0249 or e-mail: DRubenst@iona.org.

Executive director

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United States claimed its freedom from England and democracy was born.

Many attend picnics, and cookouts are planned throughout the city. Before attending these events, make sure you take proper precautions to avoid heat

stress and heat stroke. Wear the proper clothing necessary to help keep you cool, and drink plenty of fluids (especially water) to replenish the fluids you can lose in the heat.

Also in this issue, we have important information about a great program for our caregivers of children. Take advantage of Camp Riverview to get away and learn something while you enjoy yourself.

SPOTLIGHT ON AGING

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D.C. OFFICE ON AGING NEWSLETTER

RED, WHITE AND BLUE • SALUTING OUR COUNTRY • SALUTING OUR SENIORS

“Senior Day 2002”



More than 3,000 celebrated seniors and the red, white and blue.



Our program partners in red, white and blue.



Councilmembers supporting seniors and the red, white and blue.



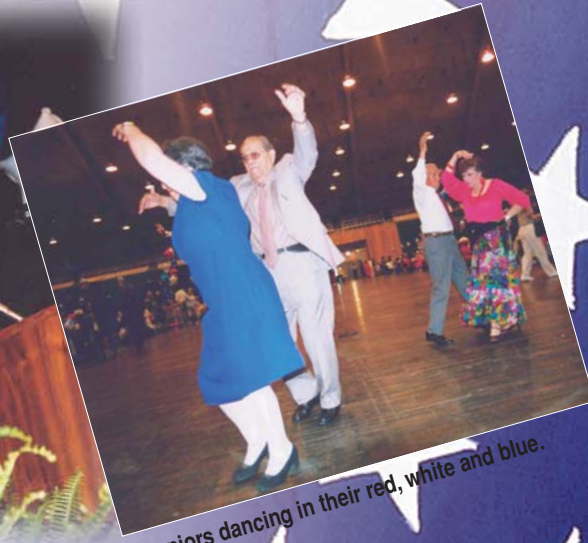
Seniors dancing in the red, white and blue.

D.C. OFFICE ON AGING NEWSLETTER

RED, WHITE AND BLUE • SALUTING OUR COUNTRY • SALUTING OUR SENIORS



Mayor Anthony A. Williams and his mother supporting seniors and the red, white and blue.



Seniors dancing in their red, white and blue.



The matriarchs celebrating the red, white and blue.



Seniors waving their red, white and blue.

**"Senior Day
2002"**



Information shared with red, white and blue.